



Visit Our Website at www.gobroomecounty.com/senior

BUILDING BETTER BALANCE in 2017

Have you been thinking of a resolution or a way to improve yourself in 2017? The Broome County Health Department, Office for Aging and community partners have created the Building Better Balance program. It offers older adults new opportunities to improve and strengthen their balance in many ways. One of those ways is with Tai Chi which helps you reduce stress, increase balance and flexibility, feel relaxed and improve your overall mind, body and spirit. Medical studies confirm the Tai Chi Program relieves pain, reduces falls and improves quality of life. This class is for everyone, not just participants with arthritis, and is safe, easy to learn and suitable for every fitness level.

Here are some upcoming Tai Chi programs, listed by location:

Where: Lourdes on Shippers Road, Vestal

When: January 3 - February 23.

Tuesday & Thursday

To Register: 607-821-2069 - leave message and instructor will call you back.

- Tai Chi for Arthritis: 11:15 – 12:15 PM
- Tai Chi for Arthritis, Part II: 10 – 11 AM
- Tai Chi for Arthritis, SEATED: 1 – 2 PM
- Keeping up Your Tai Chi (must have already taken Tai Chi for Arthritis): 2:30 – 3:30 PM
- Tai Chi for Arthritis, ADVANCED: 3:45 – 4:45 PM

Continued on Page 2

STAR Exemption Information *City of Binghamton Residents*

When: Thursday, December 8, 2016, at Noon

Where: First Ward Senior Center, 226 Clinton St

These meetings will provide information on the procedures for filing exemption applications for City of Binghamton residents for 2017.

January - March 1st is the exemption application acceptance period.

All applications for exemptions must be received by Wednesday, March 1, 2017.

If you have questions please call the Assessment Office at (607) 772-7002.



20 Years of Helping, Times 3!

(L-R) Art Lester, Arden Young and Don Gardner have been delivering Meals on Wheels from the Binghamton office for 20 years. Each drives at least 2 days a week and each offers to do additional "chores" as needed for the program. They received a plaque expressing our gratitude, a small reward for the huge benefit to the community.

Holiday Gifts for Seniors

The holiday season is here, and for many of us, just the thought of holiday shopping evokes stress. But what if there was a way to give the perfect gift and avoid all of the hustle and bustle? Well, look no further! The Office for Aging (OFA) has a few suggestions to help you find a meaningful gift and skip the line!

One of the most valuable gifts you can give is your time. You can call OFA to register for an activity to share with your loved one. Together, you can get moving with one of OFA's many fun fitness classes, enjoy an evening of entertainment, or, if you are looking for an adventure, take one of the many day trips which leave from our senior centers.

If your friend, neighbor, or parent visits a senior center in the area, or has thought about visiting one, they may enjoy the gift of a meal ticket. It can be used to buy a nutritious and delicious meal at a senior center. The cost is \$3.25 for people who are 60 years or older, and \$4.25 for everyone else. People of all ages are welcome to enjoy a hot meal at a senior center.

Another gift that may be ideal for your loved one is transportation. Help them get around with the gift of a bus pass for BC Transit or the Office for Aging Mini-Bus.

To learn more about these holiday gift ideas, contact the Office for Aging's Information & Assistance staff at 778-2411.

Visit us on Facebook:
Broome County
Office for Aging

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CELEBRATE

Family • Traditions • Friends



From the Editor

by Vince Fox

The first thing that comes to most people's minds when they see the word "celebrate," our theme for this month's edition, is the many holiday events happening around town. But, I think we also need to celebrate ourselves! After all, as older adults, we have a lot to be proud of. During this holiday season, I'm going to celebrate the following things and I hope you'll celebrate them, too.

Celebrate your abilities! People often think of older adults in terms of their disabilities but I've seen examples time and time again of older adults who are able to do amazing things. For example, I encourage you to read our article entitled "Disability Doesn't Slow These Women Down."

Celebrate your friends! Holidays are a great time to reach out to old friends or to make new ones. One way to do this is to join one of the Social Connections groups. Check out our article "Social Connections Groups are Like Family" for details about the program and how to join. You won't regret it. As the article says, these groups are like families. Also, check out "Your Changing Brain" for more ideas on making friends through social connections.

Celebrate good food! What would a holiday be without enjoying some great food? You can enjoy meals at our senior centers – see pages 10, 11 & 12. Plus, check out our article on "Bandera Family Christmas Helps Meals on Wheels." Through the Bandera family's and sponsors' generosity, and many volunteers, meals will be provided to people of all ages on Christmas Day.

Celebrate yourself! This may sound silly, but why not celebrate yourself? Think about it. I'll bet you've navigated through some hard times in life, overcome many challenges, and done some amazing things along the way. Many of you are now helping others by sharing your experiences or volunteering. For example, check out our photo of three volunteers who have been helping Meals on Wheels for 20 years!

Celebrate with a gift! Now is a great time to get a holiday gift for yourself or for someone you love. We have many gift ideas in this edition – check out "Holiday Gifts for Seniors" and "Gifts for Senior Citizens."

I wish you all a very happy holiday season!

Bandera Family Christmas Helps Meals on Wheels

The Bandera Family and their dedicated volunteer friends have a long tradition of serving thousands of meals throughout the community on Christmas Day. Many Bandera Family Christmas Day meals are delivered to the doors of people who have difficulty leaving their homes. The Bandera family is also continuing the tradition of extending deliveries to local Meals on Wheels recipients.

Any interested Meals on Wheels recipient can order these festive Bandera Family meals with all the trimmings to be delivered to their homes by volunteers on Christmas Day – Sunday, December 25th. Meals on Wheels is officially closed that day but the Bandera meal is open! It's a delicious meal delivered by volunteers.

All you have to do is dial 2-1-1. Tell "First Call for Help" that you want a meal delivered on Christmas Day. The 2-1-1 call center can answer questions about almost anything, plus they take reservations for the Bandera Family Christmas. Reservations start December 1 and must be made by December 23.



Home Energy Assistance Program



When saving, budgeting, and energy conservation are not enough, the Home Energy Assistance Program (HEAP) may help those who qualify. The HEAP season opened **November 14, 2016** and is scheduled to close **March 15th, 2017 or when funds are exhausted.**

There are several ways you can apply for HEAP. You can apply online at www.mybenefits.ny.gov. If applying on paper, the following agencies can help:

- **Broome County Office for Aging** accepts applications for regular HEAP for homeowners and renters who are 60 or over and for those who are disabled receiving Supplemental Security Income or Social Security Disability. If qualified, the regular HEAP benefit is credited to a utility account or directly to a household with heat included in rent. Call OFA HEAP line at 778-2063 to request an application.
- **Department of Social Services** accepts applications for homeowners and renters under age 60 and not disabled. You can call DSS HEAP at 778-2638 to request an application.

Families receiving Temporary Assistance or Supplemental Nutrition Assistance Program (SNAP) may have received HEAP automatically and do not apply at Office for Aging. Households with a vulnerable person (over 60 years old, disabled or under 6 years old) who received HEAP last year should have already received an early outreach application. This form should be filled out and submitted as soon as possible.

Call Office for Aging at 778-2411 if you have questions or would like to learn about other financial benefits.

2016-2017 HEAP Income Guidelines (subject to change):

Household Size	Monthly Income Limit
1	\$2,300
2	\$3,007
3	\$3,715
4	\$4,423



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Building Better Balance

continued from page 1

Where: Vestal Senior Center, 201 Main Street

When: January 10 - February 28. Tuesday & Thursday.

To Register: 770-9622 Ext 401.

- Tai Chi for Older Adults, Part II: 10 – 11 AM

Where: Northern Broome Senior Center, 12 Strongs Place, Whitney Point

When: January 10 – February 28, Tuesday & Thursday

To register: call 692-3405.

- Tai Chi for Arthritis, 1- 2 AM

For additional information please contact the Office for Aging at 778-2411 or visit <http://gobroomecounty.com/senior/healthed>

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Walk Indoors With Us This Winter

The Broome County Office for Aging and local school districts have teamed up to offer people age 60 and older indoor walking during the winter months.

Sites are open through April 29, 2017. Seniors can walk through the hallways at the designated sites only during the scheduled times, Monday through Friday, except where otherwise noted below. Whenever schools are closed, such as on holidays and snow days, the walking program will not be held.

A registration form is required to walk. Get your walking registration forms and incentive sheets from the school office, online at www.gobroomecounty.com/senior/healthed, or by calling the Office for Aging at 778-2411.

Walking Sites	Times
East Middle School (Binghamton)	6:00-7:30 AM
Roosevelt Elementary (Binghamton)	3:15-4:00 PM
Chenango Forks High School	3:00-4:00 PM
Chenango Valley High School	6:00-8:00 PM, T, W, Th
Deposit Elementary	3:00-4:00 PM
*Jennie F. Snapp Junior High (Endicott)	3:00-5:00 PM
TJ Watson Elementary School (Endicott)	7:00-8:00 AM
Highland Park Gymnasium (Endwell)	6:00-9:00 AM
Vestal Old Junior High School	8:00-9:00 AM, M, W, F
Vestal High School	6:00-7:00 AM
Brookside Elementary (SV)	7:00-8:00 AM
Susquehanna Valley High School	7:00-7:45 AM
Caryl Adams Elementary (Whitney Point)	3:30-5:00 PM
Floyd Bell Elementary (Windsor)	7:30-8:40 AM & 3:45-7:45 PM
Alice Freeman/Palmer Middle School (Windsor)	7:00-7:30 AM & 3:45-6:30 PM

*Jennie F. Snapp: for security reasons you must enter the school at the Loder Avenue entrance between 3:00-3:30 PM, but you can walk until 5:00 PM

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Community & Elder Fair - FREE & FUN!

BINGHAMTON UNIVERSITY DOWNTOWN CENTER
67 Washington St., Binghamton NY 13901
[near the Veteran's arena]

DECEMBER 10, 2016
11:00 am - 2:30 pm

*A Celebration with Services that promote Wellness and Planning:
Learn how to age well and find valued regional resources!*

Fun and Informative Mini Sessions:

- Reiki
- Chair Yoga
- Fall Prevention Exercises
- Financial Wellness
- Medicare Basics
- AND MUCH MORE!

Special Book Fair:

Hosted by *Nostalgia Books*, designed for seniors and their families, as well as book choices for individuals living with memory loss

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- Marian Apartments
- Nichols Notch
- Wells Apartments
- Whitney Point Apartments
- Windsor Woods




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Winter Fun for You AND the Grandkids!

Make snow candy. Heat real maple syrup to just under boiling and drizzle on a clean bank of freshly-fallen snow. The snow will cool the syrup and cause it to harden. Once it's fully cooled, let the grandkids snap it into pieces of maple sugar candy, then enjoy your special treat!

Have an indoor picnic. Keep warm inside while the winter winds blow outside—spread a blanket on the floor and prepare some of your favorite picnic foods. Get the grandchildren involved in the kitchen and you could have as much fun making the food as you will eating it!

See a show. Take the grandkids a local performance of a classic holiday favorite such as *The Nutcracker* or *A Christmas Carol*. There are many holiday events listed in this edition of the *Senior News*. Better yet, let the grandkids put on their own production at home!

Feed the birds. Teach your grandkids an appreciation for nature by setting up a bird feeder together. They will get to observe the wide variety of wildlife the feeder will attract, and you'll be helping the animals to survive a long winter.

Let there be lights! Love seeing holiday lights displays but can't or don't want to brave the cold, snowy weather? There are lots of websites online you can visit to see countless photos, and even videos, of interesting holiday lights displays—right from your own home! You and your grandkids are sure to love taking an online light tour together!

Source: www.aarp.org/relationships/grandparenting/info-12-2010/30_holiday_activities_with_grandkids

"A lot of people like snow. I find it to be an unnecessary freezing of water."
Carl Reiner

Vestal Museum Coffee House

The Vestal Museum will be hosting a coffee-house musical series every 2nd Saturday from 8-10 PM starting December 10th. Coffee (Bailey's too), tea, and a baked-good, such as a scone, will be provided at each event. Events are free, but tips are encouraged for the musicians. The events are funded in part by the Chenango Council of the Arts.

- December 10th
8-10 PM, Bess Greenberg
- January 14th
8-10 PM, Devinne Meyers
- February 11th
8-10 PM, Alex Creamer
- March 11th
8-10 PM, Amber Martin

Opening Exhibit: "Hello Doll" displays dolls old and new on loan from the Broome County Doll Club. The exhibit opens on Saturday November 19th and runs through Saturday January 29th.

The Vestal Museum is located at 328 Vestal Parkway East, Vestal, NY. Museum hours are Thursday and Friday 11:00-3:00 PM, Saturday, 10:00-3:00 PM

The Senior News is a monthly publication of the Office for Aging funded by Broome County and the NYS Office for Aging under Title III of the Federal Older Americans Act. Direct mail subscriptions are available for \$10.00 per year by calling 778-2411. This contribution helps defray the cost of printing and postage.

HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Monday	1:00 pm	Eastern Broome Senior Center (Harpursville)
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	1:00 pm	Broome West Senior Center (Endwell)

Toning & Zumba

Toning exercises using light weights followed by Zumba dance aerobics. There is a \$5 charge for this class.

Wednesday	5:30 pm	Johnson City Senior Center
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Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	10:00 am	Broome West Senior Center (Endwell)
Mon & Wed	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Senior Center (Whitney Pt)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. There is a \$3 charge for this class at JC; at BW there is no instructor, no fee.

Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	9:30 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
Tuesday	10:15 am	Vestal Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Senior Center (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Wednesday	10:30 - 11:30 am	Vestal Senior Center
Thursday	10:00 - 10:30 am	First Ward Senior Center

Chair Dance Party

Tone muscles & increase heart rate in a comfortable, seated position.

Friday	12:30pm	Johnson City Senior Center
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Stepping On: A Wellness Program to Prevent Falls.

Gain knowledge and strategies to stay independent and to have a greater awareness and understanding of how to prevent a fall. For more information on classes call Diane at 757-0750 or Donna at 765-4180.

Open Swim & Water Aerobics Classes

First Ward Senior Center is hosting these classes at West Middle School, Highland Ave, Binghamton.

Water Aerobics	Thursday	Call for hours	West Middle School
Open Swim	Mondays & Thursdays	Call for hours	West Middle School

Lo-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:30 am	Johnson City Senior Center
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Sunrise Yoga: Project Baptiste Foundation

Participants must have some type of military affiliation

Wednesday	1:30 - 2:30 pm	Northern Broome Senior Center (Whitney Pt)
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Dancercise

Low impact using simple dance movements set to uplifting music. Movement of joints, muscles & bones. \$5 charge.

Wednesday	9:30 am	Johnson City Senior Center
Thursday	9:45 am	First Ward Senior Center

**Complete addresses and phone numbers for all Senior Centers are located on pages 10 & 11*

Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center • Johnson City Senior Center

EVENTS at the CENTERS

Kolachi Bake

Tuesday, December 6
9:00 am

Vestal Senior Center

We're baking Kolachi cookies at St. Peter/Paul Orthodox Church in Endicott. Volunteer with us; call for more info.

Holiday Breakfast

Tuesday, December 6
8:00 - 9:30 am

Eastern Broome Senior Center

Enjoy holiday music, breakfast variety, and a chance on a festive door prize.

Music Fest Concert

Thursday, December 8, 6 pm
Johnson City Senior Center

Organist and keyboardist
Jim Ford is performing a special concert sponsored by the American Federations of Musicians.

Holiday Cookie Bake

Tuesday, December 13
9:45-11:45 am

Deposit Senior Center

Roll up your sleeves and join us for fun at our Holiday Cookie Bake!

Evening Meal

w/"Remember When"

Thursday, December 22, 4:30
North Shore Towers Sr Center

Enjoy a delightful meal (roast turkey /strawberry rhubarb pie) and fine music by a ladies quartet. Reservations by noon, Wed., Dec. 21.



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723-0582





Eastern Broome

Contact: Arlene 759-6306 or Jane, 222-1039

February 15
Turning Stone

Emergency Preparedness Is Not "One Size Fits All"

For the millions of Americans living with disabilities, an emergency can present a unique set of challenges and concerns. It's important to make sure everyone's needs are taken care of when the unexpected happens, especially if you or someone you know has a disability.

Emergency preparedness is not "one size fits all." Each of us is different, and emergency plans should be tailored to meet specific needs. People with disabilities, communities, and public health professionals can work together to be prepared.

Here are some general tips for people with disabilities, communities and emergency managers:

- ✓ Those who take medications should keep an adequate supply on hand, along with copies of their prescriptions.
- ✓ People who need power for medical or other assistive devices should keep extra sets of batteries, and consider a generator for home use if a power outage may jeopardize health or safety.
- ✓ People with dietary needs should have an emergency food supply.
- ✓ Emergency managers can send emergency alerts and warnings in an accessible form for people who are deaf or hard of hearing.
- ✓ Prepare for service animals. People with service animals should make sure they have an emergency kit for their service animals. Local shelters are required by law to admit service animals during emergencies.

Source: www.cdc.gov/features/emergency-preparedness-disabilities

Stress, Depression and the Holidays: Tips for Coping

By Mayo Clinic Staff

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression. Consider these tips to prevent holiday stress and depression:

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances. Be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Some gift alternatives could be making a donation to a charity in someone's name, give homemade gifts or start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy

Scam of the Month \$\$\$



Phony Gift Cards

Purchasing gifts for friends or loved ones is a great way to express your appreciation, though finding the perfect item can sometimes feel overwhelming. In these instances, gift cards allow you to add a personal touch to the gift of money.

Though gift cards are a great way to spread Christmas cheer, one should be wary of the potential fraud that can come along with them. It is essential that both consumers and merchants know the signs to look for when it comes to gift card fraud.

The best recommendation when purchasing gift cards is to **buy them from reputable retailers only**. Also, make sure you examine the physical appearance of the card - it should not have marks or signs of damage. If any section has been scratched or tampered with, do not purchase the gift card. Another tip - keep your receipt. You stand a better chance being reimbursed for funds drained from the account under false pretenses if you have the original receipt.

If you feel you have been a victim of this crime, please call the Attorney General's office at (607) 251-2770.

forgotten ingredients. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every activity.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try to have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Make sure you include some physical activity into your routine each day.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Try taking a walk, listening to soothing music or reading a book.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Source: www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544?pg=1

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Friday
10:00 AM - 12:30 PM
Saturday
10:00 AM - 3:00 PM

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AARP Meeting

AARP #3071 of Binghamton is having a Christmas party on December 14, 12:30 PM. Cost is \$15 per person. It will be held at the United Methodist Church, 113 Grand Blvd., Binghamton, NY. Reservations are required. Contact Sandi Badger 724-7248.

"Then the Grinch thought of something he hadn't before!
What if Christmas, he thought, doesn't come from a store. What if Christmas... perhaps... means a little bit more!"

Dr. Seuss, How the Grinch Stole Christmas!

Office for Aging Mini-Bus

Do you want to stay active, be connected to your community and have a convenient way to get around? One great option is the Office for Aging (OFA) Mini-Bus - a shared-ride bus service provided by BC Transit. For those who cannot ride the fixed route buses, the OFA Mini-Bus offers a curb-to-curb reservation service.

To ride the bus, you need to be age 60 or older and have an OFA ID Card. Call OFA at 778-2411 to get an ID card application mailed to you.

An envelope is provided as you board the bus for the suggested donation of \$1.50. No ride will be refused for an inability to contribute.

All buses are accessible to accommodate those with disabilities.

The OFA Mini-Bus serves Binghamton, Endicott, Endwell, Johnson City and portions of Chenango Bridge, Conklin, Kirkwood, and Vestal.

To make a reservation for the bus, call 763-8747 between 8:00 AM and 4:00 PM, Monday – Friday. Reservations can be made one week in advance and up to the day before the ride.

To ride with someone the first time or to get help making reservations, call the “Get There” call center at 1-855-373-4040.

Call OFA at 778-2411 or visit www.gobroomecounty.com/senior to learn more about OFA Mini-Bus and other transportation options available to seniors in Broome County.

ACHIEVE Earns Community Service Award

A plaque was presented to ACHIEVE at the Office for Aging Volunteer Appreciation Dinner in September. It was given in appreciation of the tremendous service they give to Meals on Wheels.

Several different teams of participants deliver meals regularly with their staff members. Whether a team comes once a week or 5 times a week, the result is the same - people helping people. The ACHIEVE team is fulfilling a need for the MOW program and the seniors who get meals from ACHIEVE are delighted to see these friendly helpers. It’s a win-win for everyone!



Accepting the 2016 Community Service Award were many of the ACHIEVE individuals and staff. Pictured here are Lisa Whitney (VP of Programas), Alex C. (Day Habilitation Specialist), Dominick C. (program participant), and Tanisha Arroyo (Day Habilitation Director).

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Social Connections Groups Are Like Family

By Roz Antoun, Director of Jewish Family Service

On September 18, the Jewish Federation of Greater Binghamton honored Sandy Wiener, a member of the Federation and Social Connections for Senior Women (SCSW), with the *Yasher Koach Award*, a Yiddish term meaning, "May your strength be firm or increased." It is offered for a job well done or for doing good deeds. The award honors those who make a difference in the Jewish community.

Why was Sandy chosen for this award? Roz Antoun, Director of Jewish Family Service, wrote the following, "There are some people who make this world a better place just because they are in it. They live their lives quietly in the background of our community without much recognition or fanfare while spreading their warmth, love, friendship, generosity and caring to those who are fortunate enough to know them."

Sandy was surrounded at the event by love and caring from her SCSW group. They have become like family to her. Members of the 110 Chenango Place SCSW group also joined in to help celebrate this special event in Sandy's life.

Antoun said, "In looking back at Sandy's receiving this award, I see the interplay of a positive community in a person's life. Not only does an honor like this bring happiness to the recipient, it shows the value that is gained when people and groups work together. Social Connections for Senior Women has enabled lasting friendships to be formed locally."

Social Connections members, who are ages 60 and over, meet regularly in small informal groups, facilitated by a trained leader. Members are welcome to participate in any way they feel comfortable. There is a place for you whether you love to chat and are the life of the party, or if you prefer to sit back and soak in the company. Join one of the many groups that meet around Broome County. For more information about Social Connections groups, call the Broome County Council of Churches, *Faith In Action* volunteers at 724-9130 x 304.



Arieh Ullmann, president of the Jewish Federation of Greater Binghamton, presenting the Yasher Koach award to **Sandy Wiener**.

Clutter Mirrors Emotions

"Clutter is just stagnant energy," says Tish Morris, author of *Feng Shui Your Life: The Quick Guide to Decluttering Your Home and Renewing Your Life*. "Where there's clutter in your home, there will be clutter in you - either physically, mentally or emotionally." She says that our homes mirror our emotions.

Share your feelings about this statement on Tuesday, December 13 at 3 PM at Broome West Senior Center, 2801 Wayne St., Endwell. It's part of the monthly Downsize and Declutter Discussions held on the second Tuesday of each month. Call Joan at 778-6206 if you have questions.

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Gifts for Senior Citizens

No matter what our age, people enjoy receiving a wrapped package and tearing it open to the surprise inside. By the time we become seniors, we may not "need" anything, but we still appreciate the thought. Below are some practical suggestions for your friends.

- Gift cards for groceries, haircuts, theater, gas or a universal gift card for use anywhere
- * Coupons for senior transportation, taxi, bus passes
- * Prepaid phone card
- * Pajamas, night gowns or slippers
- * Hat, scarf, gloves or mittens
- * Sweat pants, sweatshirts, athletic socks, walking shoes
- * Dental care supplies
- * Canned foods, single serve: tuna, chicken, soup
- * Crackers, cookies, packaged soups
- * Coffee, assorted teas
- * Supplies for cooking/baking
- * Holiday, thank you and blank cards, stamps
- * Subscriptions to magazines or local newspapers
- * Reacher with hook to pick up items from floor or on a shelf
- * Lap or throw blanket
- * Hand cream or body lotion
- * Lighted magnifier
- * Universal zipper pulls
- * LED lighting for closets and hallways
- * Homemade coupons: window washing, gardening, cleaning



Happy shopping!

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Caregiver Corner

... ideas and information for people caring for others.

Events for Caregivers

How to Have a Family Meeting

Date: Thursday, December 8
 Time: 10:30 AM - Noon
 Place: Broome West Senior Center
 2801 Wayne St, Endwell

Presenters: Judy Bobinski (Office for Aging Caregiver Specialist) and Theresa Bovier (MSW intern at the Office for Aging)

Join us as we discuss helpful hints and strategies for organizing and conducting an effective family meeting, including: the six-step decision-making process, where to hold your meeting, potential pitfalls to avoid, where to get help on how to conduct your meeting, and more helpful information.

Please call the Office for Aging to register: 778-2411.

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Place: Stay Healthy Center
 (close to Sears)
 Oakdale Mall, Johnson City

Date: Monday, December 5th
 Time: 1:00-2:30 PM

Place: Broome West Senior Center
 2801 Wayne St, Endwell

Date: Wednesday, December 21st
 Time: 9:30-11:00 AM

Place: Northern Broome Sr Center
 12 Strongs Place, Whitney Pt

Date: Tuesday, December 6th
 Time: 9:30-11:00 AM

Call Caregiver Services at 778-2411 with questions or for more information.

Sudoku Answers

1	9	4	6	8	3	5	7	2
6	3	8	7	2	5	1	4	9
7	5	2	1	4	9	8	3	6
4	8	1	5	7	2	9	6	3
3	6	7	9	1	4	2	5	8
9	2	5	3	6	8	4	1	7
2	7	6	4	9	1	3	8	5
8	1	3	2	5	7	6	9	4
5	4	9	8	3	6	7	2	1

Special Luncheons to Celebrate the Holidays

As Andy Williams sang in 1963, "It's the most wonderful time of the year!" So mark your calendars and get together with family and friends at the Broome County senior centers to share a special holiday meal. We look forward to celebrating the season with you!!

Holiday Luncheon Wednesday, December 14 (Thursday, Dec 15 in Deposit)

Enjoy your choice of chicken w/broccoli & cheese or fish Florentine; dessert is cheesecake. (Suggested contribution is \$4 for those over age 60 and \$5 for people under age 60.)

- **Broome West:**
 Ted Davenport, Harpist - 11 AM
- **Deposit (Thurs. 12/15):**
 Christmas Trivia, Noon
- **Eastern Broome:**
 Music by Rob Siegers & Curt Osgood, 12:30 – 1:30 PM
- **First Ward:**
 Rich Wilson, Noon
- **Northern Broome:**
 Four of Hearts Quartet
- **Vestal:**
 Wayne Beddoe, 11:30 am

New Year's Eve Luncheon Friday, December 30

Join us as we ring in the New Year! On the menu there is a choice of chicken breast w/cranberry or lemon pepper Pollack with cherry pie for dessert. (Suggested contribution is \$3.25 for those over age 60 and \$4.25 for people under age 60.)

- **Broome West:**
 Ralph Muro, 11 AM
- **Eastern Broome:**
 Music by Orange Blossom Special, 10:00 am – 1:15 PM
- **First Ward:**
 Ryan Wilson, Noon

Be sure make your lunch reservations at least one day in advance. Phone numbers can be found in the "Look What's Happening at the Centers" section on the back pages of this issue.

"What good is the warmth of summer, without the cold of winter to give it sweetness."

John Steinbeck, Travels with Charley: In Search of America

Disability Doesn't Slow These Women Down

For Betty Houck and Marilyn Roosa, getting older has been challenging, but they both say, "Life is what you make of it." So even though they have to use a walker to get around, they happily get out each day as Foster Grandparent volunteers. Betty Houck volunteers every afternoon in the infant room of the YWCA Young Wonders Early Childhood Center. Marilyn volunteers every morning in first grade at Ann McGuinness Elementary School in Endicott.

Betty says the YWCA has done everything to make her comfortable - even providing her with her own rocker to sit in. Since Betty cannot pick babies up, the teacher brings the babies to her, so she can feed, rock and talk with the babies. When Betty found that she could not get up out of the rocker, she asked if the rocker could be put on a platform. Within a week, the platform was built and she was using it. It was a wonderful accommodation that shows how much the YWCA appreciates Betty's help with the babies.

Marilyn has found that her disability has not hindered her from helping children learn. She says Ann McGuinness Elementary School is handicapped accessible. She can easily move from room to room and the students are very accepting of her walker and curious about it. They like to be helpful to "Grandma" when they see she needs something.

Both Betty and Marilyn have found that being a Foster Grandparent volunteer has greatly impacted their lives. Marilyn says, "Being a Foster Grandparent has been very rewarding. It is great to see the children succeed. It gives me a reason to get up in the morning." Betty says, "I have met many wonderful families and it makes me happy to be useful." They both love being Foster Grandparents and have been volunteering for more than a decade each.

The moral of this story is: even if you are disabled, you can help children. If you are 55 or older, enjoy kids, willing to volunteer at least 15 hours per week, and a Broome County resident within the income guidelines, you could be a Foster Grandparent. As Marilyn says, "Being a Foster Grandparent is a great experience. It gives me a good feeling, that my time is well spent." Foster Grandparents also receive a stipend, travel reimbursement and a free meal at their volunteer site. The stipend is not taxable and does not affect any benefits a Foster Grandparent may be receiving. To learn more about the Foster Grandparent program, please call 778-2089.

Tax-Aide Volunteers Needed for 2017

AARP Tax-Aide Program needs volunteers to help support the free income tax preparation assistance for the elderly and low-income families. The commitment is from February 1- April 14, 2017 at locations around Broome County.

Volunteers will help with federal and NY State income taxes. We need volunteers with knowledge of computers and the 1040 Federal tax forms.

Classes will begin January 3, 2017. If you have questions, or wish to volunteer, contact Joan Tassey at 607-625-2658, or fill out the application at: http://aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html

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Stay Active This Winter - Indoors

It is too cold, rainy, icy, or snowy outside today. It's true that older adults can be affected by cold more than others, but bad weather is no excuse to cancel your exercise for the day! With a little creativity, you can be active indoors in a variety of ways.

- * Walk on the treadmill or ride the stationary bike that may be gathering dust, or being used as a clothes hanger, in your bedroom or basement!
- * Use the exercise equipment available at most of our senior centers for free.
- * Work out with an exercise DVD.
- * Go bowling with friends.
- * Join the indoor walking program offered by the Office for Aging. You can find the details in this edition of the Senior News.
- * Walk around an art gallery or museum to catch a new exhibit.
- * Check out an exercise class at one of our senior centers such as yoga, chair yoga, or Tai Chi.
- * If you like dancing, take a Zumba, line dancing, dancercise, or chair dancing at our senior centers (see page 4).
- * Work on your strength, balance, and flexibility in your own home. All you need is a sturdy chair, a towel, and some weights. Soup cans or water bottles will do if you don't have your own set of weights. For ideas on exercises, visit: <https://go4life.nia.nih.gov/exercises>
- * Go to an indoor pool and swim laps or try water aerobics.
- * How about a game of indoor tennis, hockey, basketball, or soccer?
- * Go indoor ice skating or roller skating. Check out schedules for the SUNY Broome Ice Center at: <http://www2.sunybroome.edu/icecenter/>
- * Maybe it's time for some heavy-duty cleaning: vacuum, mop, sweep or dust those hard-to-reach areas.
- * Play ping pong with the grandkids.

If you have questions about indoor exercise activities in Broome County, feel free to call the Office for Aging at 607-778-2411.

Adapted from: <https://go4life.nia.nih.gov/tip-sheets/indoor-activities>



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Your Changing Brain

Steps to Aging Well by Sharon Lackie

Loneliness can be bad for your health. Studies show that people who are isolated and lonely have more health problems than people who are well-connected with their friends and family. Caregivers may also experience loneliness as they help loved ones without the support of others.

Younger generations may not realize that elders of our community are vulnerable to mental health concerns, due in part to isolation. The Broome County Office for Aging reports that over 11,000 elders live alone and this number continues to increase. Once kids have their own kids, family members move away, friends and loved ones pass on, and the circle of friends becomes smaller, it can become lonely. If loneliness becomes overwhelming, it can lead to depression and you should seek assistance from your health care provider.

Loneliness can also increase your risk of dementia. Research shows that women were 26% less likely to develop dementia if they had a large social network, and cut their risk in half if they had daily contact with friends and family. Other research has shown that people who are socially connected may live longer than those who live isolated lives.

Fortunately, opportunities for enjoying your favorite hobbies with new and old friends are abundant. Your challenge is to take advantage of the opportunities. **Excuses need to be pushed aside.**

You can visit any of the eight Broome County senior centers. Each one has a different personality based on its members. Some activities include music, crafts, oil painting, poetry, bingo, puzzles, card games, physical activity or just talking with folks you already know—or making new friends. You could have fun taking a trip with a group from your senior center. The senior centers also offer wonderful meals, and eating with others is a great way to get to know people. As one senior center director shared, “who you eat with makes that food taste even better.”

Other ways of socializing include participating in activities at community centers and churches, and volunteering. Even the internet is proving to be an avenue to fight loneliness and isolation by providing a sense of community with chats, forums and the ability to connect with family and friends who may be miles away.

Reach out to the Office for Aging staff by calling (607) 778-2411 to learn more about activities and events near you. You can also read about many of them on the pages of this edition of the *Senior News*.

References: *Broome County Community Health Assessment*, www.verywell.com/loneliness-can-make-you-sick-2967632, *Psychogeriatrics Journal*, *Generations Journal* (reference details available upon request)

Look What's Happening at the Centers!

BROOME WEST..... **785-3427**

2801 Wayne St., Endwell, NY 13760

Center Hours: Mon - Fri, 9:00am - 3:00pm

Lunch served at Noon call 785-1777

Breakfast for Lunch: Mon 10:30am - 12:30pm

Sandwich and Soup Bar: W/Th/F, 11:15 am – 12:30pm

Weekly Activities: Exercise classes listed on page 4

Daily: Wii, Cards, Billiards, Shuffleboard

M: Bingo 9 am, Guitar Group 9 am - 12 Noon, Quilting 9-3 pm;

T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;

Acyllic Painting w/Pam (239-6560) 1-3 pm

W: Bingo 9 am; Scrabble 12:30 pm;

Floor Shuffleboard 12:45 pm

Th: Social Connections 1-2:30 pm; USA Ballroom Dance Lessons 7-8:30 pm
(Call Center for schedule)

F: Bingo 9 am, Craft Class 9:30 am (call for schedule), Ping Pong 1-3 pm

Special Activities

12/7 Maine Endwell Brass Ensemble, 11 am

12/7,8,9 Burger Bar, 11:15 am-12:30 pm

12/8 “How to Have a Family Meeting,” 10:30 am-12pm

12/12 Special Breakfast: *Belgian waffles w/cherries*, 10:30 am-12:30 pm

12/13 Downsize and Declutter, 3-4:30 pm

Evening Meal (*roast turkey/strawb-rhub pie*) w/David Hores
(accordion), 5-7 pm

12/14 Holiday Luncheon w/Harpist, Ted Davenport, 11 am

12/15 Philly Cheese Steak Day, 11 am-12:30 pm

12/19 Christmas Caroling w/Guitars, 11:30 am

12/26 Special Breakfast: *New Year's fruit fluff dessert*, 10:30 am-12:30 pm

12/30 New Year's Eve Party w/Ralph Muro, 11 am-12:30 pm

DEPOSIT..... **467-3953**

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

Center Hours: Tues & Thurs, 9:00am - 2:00pm

Lunch served at Noon

Weekly Activities (call for info):

T & Th: Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm;

Piano Music 10:30 am; Wii

T: Crafts, 10 am; Chair Exercises, 11 am

Th: Chorus 11-12 pm, Wii

Special Activities

Tues. Bingo, 1 pm: 12/6 Nickel; 12/13 Bag; 12/20 Quarter; 12/27

Nutrition

12/1 Center is Closed- Off-Site Holiday Party (*call for info*)

12,6,8 Crafting Christmas Trees w/Brigitte, 10:30 am

12/7 (*Wed.*) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

12/8 Breakfast for Lunch (*no reservations!*), 10:15-11:45 am

12/13 Holiday Cookie Bake, 9:45-11:45 am

SNAP Program (Delaware County OFA), 11:30 am

12/15 Christmas Trivia, 12 pm & Holiday Luncheon, 12:30 pm

12/20 Blood Pressure Screening w/Sandy, 11:30 am

Southern Tier Food Bank (at the fire station), 11:30 am

12/29 New Year's Eve Luncheon w/French Horn Player,

Alexandra DeGenaro, 12 pm

“Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmas-time.”

Laura Ingalls Wilder

EASTERN BROOME..... **693-2069**

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9:00am - 2:30pm

Lunch served at Noon

Breakfast: Tues, 8 - 9:30 am

Brunch: Thurs, 10:30 am – 12:00 pm

Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm

Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Computers, Coffee Hour, Cards, Shuffleboard, Billiards

W: Stitching/Crafts 9-11 am

Th: Acrylic Painting 9 - 11 am

F: Wii practice/play 12:30 - 1 pm

Special Activities

Mondays: Mobile DMV, 10 am-3 pm (*Closed 12-12:30 for Lunch*)

Tuesdays: CHOW Produce Market, 8:15-9:15 am

12/1 Angel Workshop w/Pam Kimble (please reserve), 10 am

12/1,8,22,29 Bingo, 11:45 am

12/2,16 Computer Drop-In Q&A, 10:30- 11:30 am

12/6 Holiday Breakfast, 8-9:30 am

12/7,9 Burger Bar, 11:30 am-12:30 pm

12/7 Secret Sisters Wrap & Reveal, 12:30 pm

12/14 Holiday Luncheon w/Rob Seigers and Curt Osgood, 12:30-1:30 pm

12/15 Evening Dining w/Holiday Program “American Song”

by Wayne Beddoe, 3:30 pm

12/19 Children's Holiday Shopping, (*call for time & details*)

12/21 Holiday Chinese Auction, 12:30 pm

12/23 Cookie Exchange, 12:30 pm

12/30 New Year's Eve Luncheon w/Orange Blossom Special, 10 am-1:15 pm

FIRST WARD..... **797-2307**

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:00am - 4:00pm

Lunch served at 11:45 am call 729-6214

Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm

(No Reservations Required)

Weekly Activities: Exercise classes listed on page 4

Daily: Billiards

M: Bingo 12:30 pm; Texas Holdem 12:45 pm

T: Shuffleboard 9:00 am; Knitting 9 am; CHOW Produce Sale 11:00 am -

Noon; Pinochle 12:30 pm; Texas Holdem 12:30; Art 1 pm

W: Ceramics 9:00 am; Chorus 9:30 am; Pottery 1:00 pm

Th: Sewing 9:00 am; Mah Jongg 12:30 pm; Art 1:00 pm

F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Holdem 12:45 pm; Art 1:00 pm

Special Activities:

Tuesdays: CHOW Farmers' Market, 11 am

12/1 Talent Showcase, 12:15 pm

12/3 Holiday Sale, 9 am-2 pm

12/7 Social Club, 1 pm

12/8 STAR Tax Info (Binghamton residents), 12 pm

12/12 Stuffed French Toast Bar, 11:45 am

Scarlet Bonnets, 1 pm

12/14 Legal Aid (*by appt. only*), 9 am

Holiday Luncheon w/Rich Wilson, 12 pm

12/15 Philly Cheese Steak Day, 11:45 am

12/22 Chorus Concert, 1:30 pm

12/26,27,28 Center is Closed

12/30 New Year's Eve Luncheon, 12 pm

Senior Center Holiday Closing

All Broome County Senior Centers will be closed
Monday, December 26 in observance of Christmas Day.

All Broome County Senior Centers will be closed
Monday, January 2 in observance of New Year's Day.

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Fri 9:00am - 4:00pm
Lunch served at 11:45 call 797-1149

Hot Lunch (Reservations): M/W/Th/F
Walk-Ins Welcome:

Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm
Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4

- M:** Watercolor Painting 9 am; Bingo 12:30 sales/1:30 play, Knit/Crochet, Poetry 1 pm; Pitch (cards) 1 pm
- T:** Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm
- W:** Quilting 9 am; CHOW Produce Sale 11:30 am - 1:00 pm; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop 1 pm; Mahjong 1 pm
- Th:** Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm; Meditation 3 pm
- F:** Watercolor Painting 9 am; Ladies Singing 10 am; Hearts (cards) 11 am

Special Activities:

- 12/1,15 Chop N'Chat w/*Faith in Action Volunteers* (please reserve), 1 pm
- 12/7,8 Burger Bar, 11:45 am-12:30 pm
- 12/8 Organist & Keyboard Concert w/Jim Ford, 6 PM
- 12/12 Country Line Dancers Show, 11 am
- 12/13 SNAP Nutrition Class, 11 am
- 12/14 Holiday Luncheon w/Entertainment, 11:45 am
- 12/21 Orange Blossom Special, 12 pm
- 12/30 New Year's Eve Party w/Entertainment, 12-1 pm

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm

Lunch served at Noon

Sandwich and Soup Bar: Mon-Fri 11-12:30 pm
Breakfast for Lunch: Thurs 10-12:30 pm

Weekly Activities: Exercise classes listed on page 4

- M:** Horse Racing (1st/3rd) 10 am; Quilt/Sewing Class 10 am-3 pm; Bingo 10:30 am; Pinochle 12:30 pm
- T:** Computer Class 8:30; Osteo Exercise 10 am; **W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm
- Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm
- F:** Bingo, 10:30 am

Special Activities:

- 12/5 Horse Races, 10 am
- 12/7 Big Ball of Holiday Fun Game, 12:15 pm
- 12/9 Movie of the Month: "Blizzard", 12:15 pm
- 12/9,23 Nurse Practitioner: Michele Summers, 11 am-1 pm
- 12/13 Evening Meal w/Rich Wilson, 4:30 pm
- 12/14 Christmas Luncheon w/Four of Hearts (quartet), 12 pm
- 12/15 Philly Cheesesteak Day, 11 am-12:30 pm
- 12/16 Secret Santa Party, 12:10 pm
- 12/19 Coffee Club, 8:30-10 am
- 12/21 Pre-K Holiday Caroling, 10:30 am; Zentangle, 1-3 pm
- 12/30 New Year's Eve Luncheon, 12 pm

**Build Your Own Burger
 December 7, 8 & 9, starting around 11:15 AM**

Stop at a participating senior center and enjoy a delicious hamburger with all the fixings. No reservations are needed! Use your imagination and top your burger with fresh lettuce, tomato, onion, a variety of cheeses, and hot toppings like bacon and mushrooms. The combinations are endless!

Your burger creation will also come with salad, dessert and beverage.

All that for just \$3.25 if you are age 60+ and only \$4.25 for those who are not yet age 60. Participating centers are Broome West (December 7, 8 & 9), Johnson City (7th & 8th), Eastern Broome (7th & 9th), Northern Broome (9th only) and Vestal (7th & 9th).

Meet & Greet Neighborhood Luncheon

Entertainment: Harpist Ted Davenport

When: Wednesday, December 21st at Noon

Where: East Side Congregational United Church of Christ, 284 Robinson St.

Menu: Ham w/raisin sauce, scalloped potatoes, red cabbage supreme and peachy gingerbread.

Suggested Contribution: \$3.25 (60+) Cost: \$4.25 (Under 60)

Space is limited. Call 722-1017 to RSVP by 1 PM on December 20th.

Sponsored by the East Side Congregational United Church of Christ and the Broome County Office for Aging

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00am - 2:00pm

Lunch served at Noon

Weekly Activities:

Daily: Coffee 8-11 am, Games and Cards

M: Bingo 10-11 am

Tu: Fitness 10-11:30 am; Wii Bowling 10:30-11:30 am; CHOW Produce Sale 12:30-1:30 pm

Th: Fitness 10-11:30 am

Fr: Wii Bowling 10:00 - 11:30 am

Special Activities:

- 12/1 Breakfast for Lunch: *breakfast casserole* (no reservations!), 11 am-12:30 pm
- 12/7 Holiday Baking (Group 1), 10 am-11:30 am
 Holiday Baking (Group 2), 12:30 pm-1:30 pm
- 12/8 Special Lunch: *Philly cheesesteak* (no reservations!), 11 am-12:30 pm
- 12/14 Holiday Luncheon & Cookie Swap, 11:30 am
- 12/19 Holiday Bingo, 10 am
- 12/21 Shuffleboard Competition, 10:30 am
- 12/22 Evening Meal w/"Remember When" Ladies Quartet, 4:30 pm
- 12/30 New Year's Eve Luncheon, 12 pm

VESTAL 754-9596

Old Vestal Junior High School Cafeteria

201 Main St., Box #4, Vestal, NY 13850

Center Hours: Mon - Fri, 9:00am - 2:00pm

Lunch served at 11:45am

Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Coffee Klatch, Cards, Games

M: Walking Group 8 am

T: Pinochle 9:30 am

W: Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Chair Exercises 10:30; Oil Painting 1-3 pm

Th: Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm; Bridge Group 12:30 pm

F: Walking Group 8 am; Mahjong 9:30 am

Special Activities:

- 12/1,15 Bingo w/Brad Cole, 10:15 am
- 12/2 Secret Santa Name Exchange, 10:30 am
- 12/6 Kolachi Bake at St. Peter/Paul Orthodox Church, Endicott (please reserve), 9 am
- 12/7 Blood Pressures w/Kay Devine, 10:15 am
- 12/7,9 Burger Bar, 11:30 am
- 12/8 Vestal Senior Club Christmas Dinner w/David Hores (accordion), 4-7 pm
- 12/12 Breakfast for Lunch, 11:30 am-12:30 pm
- 12/13 Vestal Senior Club Meeting, 12:45 pm
- 12/14 Holiday Luncheon w/Wayne Beddoe, 11:30 am
- 12/16 Pizza Day *OR* Chef Salad (please reserve), 11:45 am
- 12/30 New Year's Eve Celebration, 10 am-12 pm

MEET, GREET & EAT

December Menu - Bon Appétit!

MONDAY (Breakfast for Lunch @ BW, FW Senior Ctrs)	TUESDAY (Breakfast for Lunch @ JC Senior Ctr)	WEDNESDAY	THURSDAY (Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)	FRIDAY
			Roast Beef w/Gravy 12/1 Baked Potato Diced Beets Apple Cobbler	Fish Florentine 2 OR Pepper Steak Brown Rice Pilaf Winter Squash Pumpkin Cookie
Pierogies w/Onions 5 Cut Green Beans Baby Carrots Sugar Cookie	Sweet & Sour Pork 6 OR Broiled Pollack w/Lemon Brown Rice Oriental Blend Vegetable Blushing Pears	Grandma's Meatloaf 7 Chantilly Potatoes Broccoli Chocolate Cake w/Chocolate Frosting	Roast Turkey w/Gravy 8 Apple Bread Dressing Peas & Carrots Pineapple Tidbits	BBQ Chicken Breast 9 OR Tuna Salad Sandwich Corn Chowder Carrot-Raisin Salad Chocolate Chip Cookie
Meatball Parmesan 12 Sub Minestrone Soup Fruit Cocktail Spice Cookie	Beer Battered Fish 13 OR Pub Burger Tomato Soup Cottage Cheese Peaches	Holiday Party! Fish Florentine OR 14 Chicken w/Broccoli & Chz Brown Rice Pilaf Monte Carlo Blend Veg. Cheesecake w/Strawberries	StuffedPepperCasserole 15 Wax Beans Garden Salad Tapioca Pudding w/Mandarin Oranges	Salmon Patty 16 OR Chicken w/Pineapple Lemon Rice Pilaf Winter Squash Apricot Halves
Chicken ala King 19 Over a Biscuit Baby Carrots Grape Juice Oatmeal Cookie	Liver w/Onions 20 OR Chicken Marengo Mashed Potatoes Cut Green Beans Cinnamon Applesauce	Ham w/Raisin Sauce 21 Scalloped Potatoes Red Cabbage Supreme Peachy Gingerbread	Kielbasa 22 OR Vegetable Omelet Baby Red Potatoes Garden Salad Fruited Gelatin	Pub Burger 23 OR Beer Battered Fish Coleslaw Fruit Cocktail Low Fat Muffin
Centers Closed 26 Happy Holidays!	Macaroni & Cheese 27 Stewed Tomatoes Cauliflower w/Parsley Banana	Roast Pork w/Gravy 28 OR Halupki w/Sauce Mashed Potatoes French Cut Green Beans Cinnamon Apple Slices	Beef Stroganoff 29 Over Noodles Baby Carrots Apricot Nectar Blueberry Crisp	New Year's Eve Party! Chicken w/Cranberry 30 OR Lemon Pepper Pollack Brown Rice Pilaf Country Blend Vegetables Cherry Pie

At all Broome County Senior Centers. Age 60+ – \$3.25; Under Age 60 – \$4.25. Reservations are needed by noon the day - before. Menu subject to change. For more information or the telephone number of a senior center near you, call 778-2411.

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

Answers on Page 8

	9		6			5		
6			7				4	
	5	2			9	8		
		1		7				3
	6	7						8
9				6	8		1	
				9	1			5
8		3		5		6		
	4		8				2	

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